



THE ROUTE:

- | | |
|------------------------------------|----------------------------|
| (Start) Chesterfield Avenue | Chesterfield Avenue |
| Acres Road | White's Road |
| Kyber Road | Farmleigh |
| Wellington Road | Tower Road |
| Chesterfield Avenue | Ordnance Survey Road |
| Lord's Walk | Chesterfield Avenue |
| Spa Road | Acres Road |
| North Road | Chesterfield Avenue |
| Mountjoy Cross | Conyngham Road |
| | Military Road |
| | Upper Glen Road |
| | (Finish) Furze Road |



Lap one

Lap two

Mile marks

Tipperary Water stations

